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(58) Field of search
A4A

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(54) Improvements in or relating to
plates etc.

(57) A compartmented plate (10) is
divided into different regions (16, 18,
24, 26) which are marked in a
different manner, e.g. by colour
coding, to indicate the dietary

characteristics of different types of
food intended to be placed in each
region. The plate may thus be used to
assist in a diet intended, say, to reduce
consumption of carbohydrates, with
the different regions intended for
foodstuffs having different
carbohydrate content.

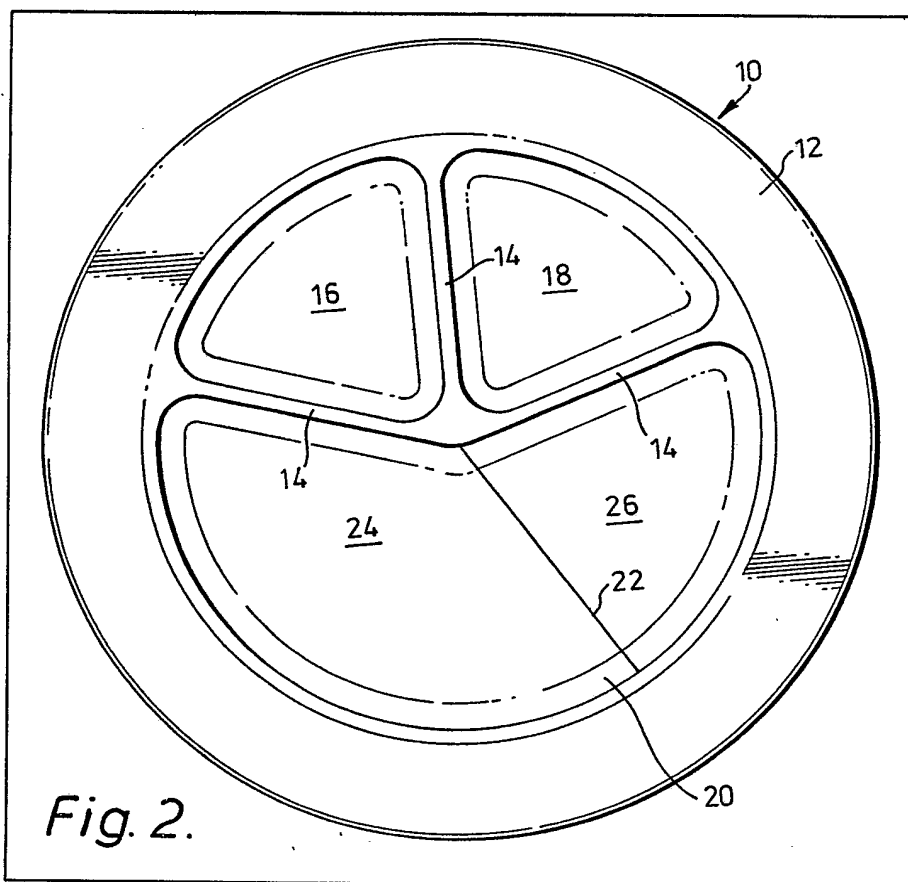


Fig. 2.

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Fig. 1.

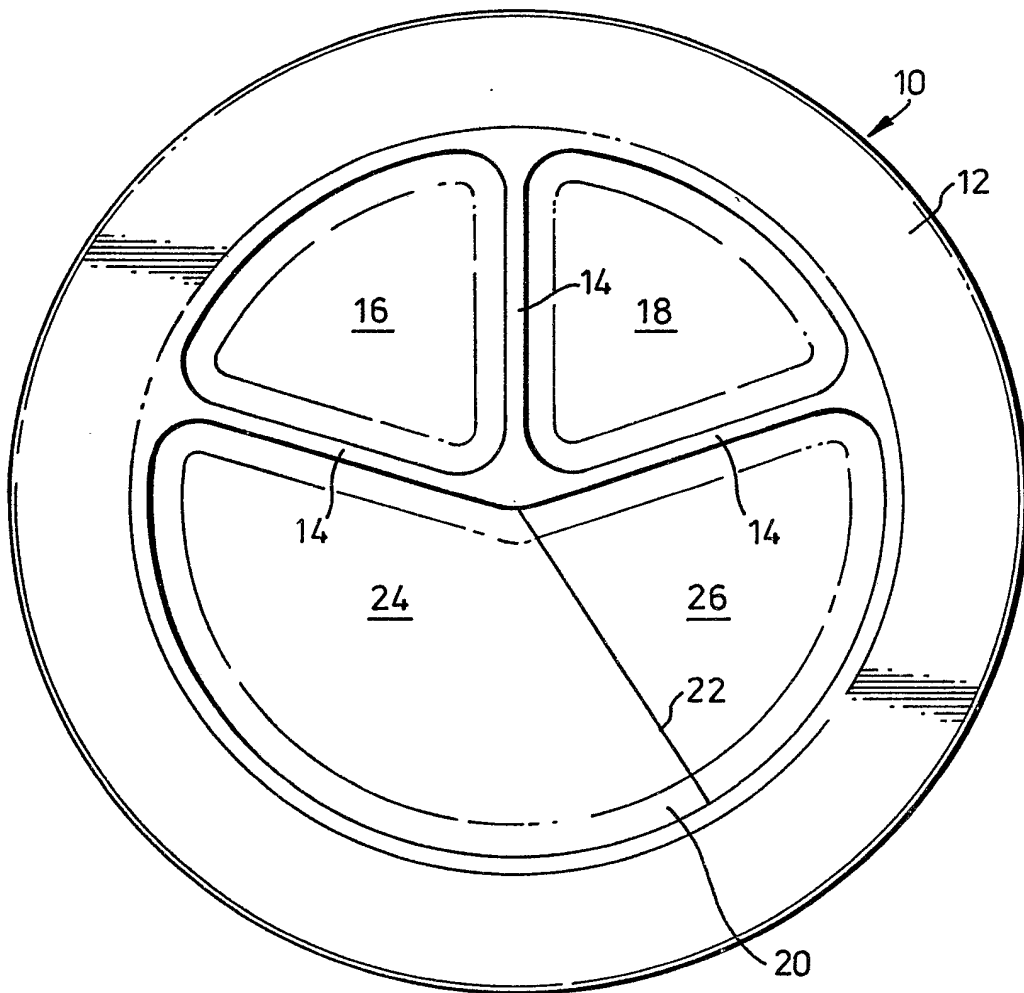
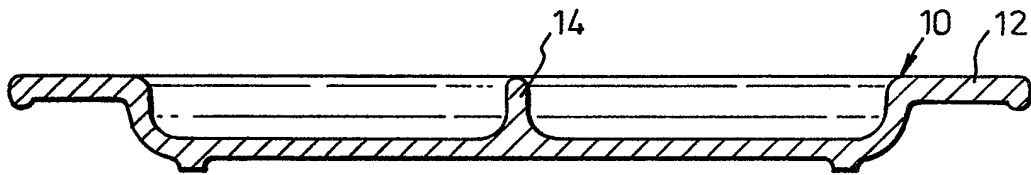


Fig. 2.

SPECIFICATION

Improvements in or relating to utensils

Field of Invention

This invention relates to utensils and is
 5 concerned particularly with a utensil in the form of a dish, e.g. a plate, for assisting regulation of diet.

The Invention

In accordance with the present invention there is provided a compartmented dish, different
 10 regions of which are marked in a different manner to indicate the dietary characteristics of different types of food intended to be placed in each region.

The different regions may conveniently be colour coded. For instance, regions for relatively
 15 non-fattening foods that can be eaten freely may be coloured green, regions of moderately fattening foods that should be eaten with caution coloured in amber or orange, and regions for highly fattening foods coloured in red. The colour coding thus acts as a useful reminder and indication to the user. Additionally or alternatively, types of food falling in each category may be indicated by word markings and/or pictorial representations, such as line drawings, of the foodstuffs.

A plate in accordance with the invention may thus conveniently be used to assist in a diet
 20 intended, say, to reduce consumption of carbohydrates, with the different regions intended for foodstuffs having different carbohydrate contents.

The sizes of different regions are conveniently selected so as to represent an appropriately sized helping, e.g. containing approximately 10 grams of carbohydrates, of the relevant type of food. The plate thus acts as a measure guide and may thus
 35 be used to promote the intake of sensible amounts of different types of food.

The regions may correspond to the different compartments of the dish, or may additionally or
 40 alternatively sub-divide the compartments.

A range of different sizes and shapes of dishes may be provided, e.g. with differently sized plates intended for use at, respectively, breakfast, lunch and dinner. In each case, the number and size of compartments and regions may be appropriately
 45 selected.

As a further possibility, the dishes may be overprinted with a suitable meal menu (and possibly also recipes), and a range of different
 50 plates may be provided, each bearing a different menu.

A dish in accordance with the invention may be made of any suitable material, including, for example, ceramic material, plastics material, or
 55 paper. In the case of the latter two materials the dish may be disposable and intended for use only one or a few times.

A dish in accordance with the present invention is thus generally intended to promote a reduction in overall food quantity intake or sensible eating,
 60 while at the same time giving a psychological impression of a normal sized portion which can be served direct on the table and comparison with

other normal plates will not appear too depleted.

One preferred embodiment of a plate in accordance with the present invention for assisting in reduction of consumption of carbohydrate containing foods will now be described, by way of example, with reference to the accompanying drawings.

In the Drawings

Figure 1 is a sectional view of a plate in accordance with the invention; and

Figure 2 is a plan view of the plate of Figure 1.

Detailed Description of the Drawings

Figures 1 and 2 illustrate a plate 10 having an overall diameter of 10" (254 mm). The plate includes a relatively wide rim 12 surrounding a usable area having a diameter of 7 $\frac{1}{4}$ " (185 mm) and a depth of 5 $\frac{1}{8}$ " (159 mm).

The usable area is divided by means of upstanding radial divider walls 14 into three compartments 16, 18 and 20. Two of the compartments, 16 and 18, are of smaller size, each including an angle of approximately 75°.

The two smaller compartments 16 and 18 are each intended for foods having a relatively high carbohydrate content and are conveniently coloured in red. Additionally, each compartment may have printed therein a list of relevant foodstuffs. For example, compartment 16 may have the following wording:—

"Mashed potato to fill or one hen's egg sized boiled potato or Yorkshire pudding or pie crust or bread".

Similarly, compartment 18 may contain the following wording:—

"Mashed carrots to fill or turnip, parsnip, swede, peas, beans, sprouts, sweetcorn, beetroot, dried pulse vegetables, other root vegetables".

The size of these two compartments 16 and 18 is selected such that if each compartment is filled to the level of the rim and divider wall with the relevant foodstuffs this will provide a helping containing approximately 10 grams of carbohydrates.

The third, larger compartment 20 is sub-divided by means of a line 22 into a relatively larger region 24 intended for relatively non-fattening foods having a very low carbohydrate content which can be eaten freely, and a relatively smaller region 26 intended for foods having a moderate carbohydrate content which should be eaten with caution. Region 24 may thus conveniently have a green background and may be provided with printing reading as follows:—

"Free foods. Shredded raw cabbage, grated carrot, chopped celery and onion, tomatoes, lettuce, cucumber, mushrooms, watercress, radishes, spring onions, aubergine, clear soups, meat extracts, meat and fish paste, low calorie squash, marmite, Bovril, Oxo, salt, pepper, mustard, cornflour, cabbage, spinach, marrow, leaks, broccoli, kale, asparagus, pumpkin, bean sprouts, courgettes".

This region may be filled to any desired height

with the indicated foodstuffs.

Region 26 conveniently has an orange or amber background and may be provided with printing reading as follows:—

- 5 "Plaice, cod, whiting, smoked haddock, shellfish, all lean beef, veal, lamb, ham, rabbit, turkey, chicken, liver, kidney, eggs and cheese. No fried meat".

- 10 This region, relating to foods having a moderate carbohydrate content, should be filled to the level of the divider walls and rim only.

CLAIMS

- 15 1. A compartmented dish, different regions of which are marked in a different manner to indicate the dietary characteristics of different types of food intended to be placed in each region.

2. A dish according to claim 1, wherein the different regions are colour coded.

- 20 3. A dish according to claim 2, wherein regions for non-fattening foods that can be eaten freely are coloured green, regions of moderately fattening foods that should be eaten with caution are coloured in amber or orange, the regions for highly fattening foods are coloured in red.

- 25 4. A dish according to claim 1, 2 or 3, wherein types of food appropriate to each region are indicated by word markings and/or pictorial representations.

- 30 5. A dish according to any one of the preceding claims, wherein the sizes of different regions are selected so as to represent an appropriately sized helping, of the relevant type of food.

- 35 6. A dish according to claim 5, wherein the regions are sized to contain approximately 10 grams of carbohydrate.

7. A dish according to any one of the preceding claims, wherein the regions correspond to the different compartments of the dish.

- 40 8. A dish according to any one of the preceding claims, wherein the regions sub-divide the compartments.

9. A dish according to any one of the preceding claims, and over-printed with a suitable meal menu.

- 45 10. A dish according to any one of the preceding claims, and made of ceramic material, plastics material or paper.

- 50 11. A compartmented dish substantially as herein described with reference to, and as shown in, the accompanying drawings.